

Apple Meringues

Ingredients

- 2 Jonagold or Golden Delicious apples, peeled, halved, and cored
- 2 cups apple juice or water
- 1/2 cup orange marmalade
- 2 large egg whites
- 2 Tbsp sugar
- 2 Tbsp chopped, toasted almonds

Instructions

1. In small saucepot, poach apples in apple juice 8 to 10 minutes or until barely tender; drain. Spoon 2 Tbsp marmalade into center of each half.
 2. Heat oven to 350°F. In medium bowl with electric mixer, beat egg whites until soft peaks form when beaters are lifted.
 3. Gradually beat in sugar; beat until stiff peaks form. Fold in almonds. Cover tops of apple halves to edges with egg white mixture; place on baking sheet.
- Bake 7 to 10 minutes or until tops are lightly browned.

<http://www.diet.com/recipe/apple-meringues>

